



Turn off your TV · Leave your house

Know your neighbors

Look up when you are walking

Greet people · Sit on your stoop

Plant flowers



Use your library · Play together

Buy from local merchants

Share what you have

Help a lost dog

Take children to the park

Garden together

Support neighborhood schools

Fix it even if you didn't break it

Have pot lucks · Honor elders

Pick up litter · Read stories aloud

Dance in the street

Talk to the mail carrier

Listen to the birds  Put up a swing

Help carry something heavy

Barter for your goods

Start a tradition · Ask a question

Hire young people for odd jobs



Organize a block party

Bake extra and share

Ask for help when you need it

Open your shades · Sing together

Share your skills

Take back the night



Turn up the music

Turn down the music

Listen before you react to anger

Mediate a conflict

Seek to understand

Learn from new and uncomfortable angles

**Know that no one is silent
though many are not heard**

Work to change this

